WOW

Women of Wisdom

WOMEN OF WISDOM
P.O. BOX 14604
ATLANTA, GA 30324

APRIL 1988
627-7387 Miriam
984-9929 Bev

NEXT MEETING .... Monday, April 4 th 7:30 P.M. SHARP!!
North Highland Branch Library

APRIL PROGRAM

"Assertiveness"
presented by Kris Miesel, B.S, R.N., C.H.

Kris is currently teaching assertiveness training through the Learning Annex and has been in private practice in the Dunwoody area since 1983.

The program will be designed to give you an introduction to assertiveness training. In this lecture, you will learn about your human rights, and how to assert them. You will also discover the differences between non-assertive, assertive, and aggressive behaviors, and some basics about assertive communication patterns. During this time, you will have the opportunity to practice basic assertions and will be introduced to the characteristics necessary for resolving conflicts.

Kris Miesel is a nurse hypnotherapist with 16 years of experience in the mental health field. She has been a volunteer group facilitator for the Georgia Council on Child Abuse since 1985. She has taught seminars and workshops on stress management, crisis control, communication, relationships, self hypnosis, the effects of drugs and alcohol on the family and in the work setting, and pain management in various facilities in the Atlanta area.

Come learn how to handle auto repair people, your boss, family and yourself. This program should be an eye opener for all participants. Try not to miss Kris Miesel. We look forward to your joining us.

MARCH'S PROGRAM IN REVIEW

Barbara Burns explored a new dimension for many of us. Why as lesbians do we not feel natural motherhood may be for us? We are such fine women, why shouldn't we have babies? Tradition, homophobia, pangs of religious fears, the list is long; however, in today's society of single parents, alternate lifestyles and artificial insemination, the choice is really a personal one. Barbara is an honest, warm, concerned psychotherapist who addresses all the issues in her workshop. She couldn't believe "I'm the only one" in this community who wants children. Barbara touched on all the bases for us such as support, support, support...for

- your decisions concerning parenthood
- using the Feminist Women's Health Center (for artificial insemination)
- exploring your feelings, hopes and concerns.

The discussion and questions following her talk certainly confirmed: We are fine women; some of us will make great mothers, some good extended families. The choice is ours, the future is now.

Marna Ripley-Hager, a certified Professional Labor Assistant, is available to women only and lesbian/gay classes for preparing for childbirth. She pointed out and strongly urged anyone considering pregnancy to seek out prenatal care now. Decide for yourself - the hospital, birthing center, or at-home birth. Read and learn the options open to you. Know the child mortality rate and the Caesarean rate at the hospital or of the doctor of your choice. Be specific with your questions. What and where will you be most comfortable in giving birth? Marna gave statistics from the Mell Study. She was informative and positive about motherhood and proved that support is out there for lesbians who want to get pregnant.

Our sincere thanks to Marna and Barbara. If you are interested in getting in touch with either of them, please take note of the following:

Barbara Burns is conducting a workshop for "Lesbians Considering Pregnancy" starting April 9, 1988 from 9:30 A.M. - 3:30 P.M. Cost $55.00 per person, $50.00 if you register by April 1st. Make check payable to: New South Center for Counseling & Psychotherapy, 1819 Peachtree Rd., N.E., Suite 420, Atlanta, GA 30309 or call Barbara at 351-5307.

Marna Ripley-Hager C.P.L.A. can be reached at 378-5162. Her classes are $120.00 for 6 classes in labor support and counseling for Mother & Partners with thorough preparation for home or hospital birth.

March's program was thought-provoking, informative and had wonderful participation.

MARCH FINALE

Sign language classes ended on Saturday, March 26, 1988. Gail McKay shared most of Wednesday ending with insight and her experiences. The classes were well attended and Bev's instructions and generosity of her time and talents to this very worthy endeavor were and are appreciated by all. Thanks, Bev!

March 13th was Game Day at Judy and Susan's. Once again, a good time was had by all. There's always room for more players, so we hope you can join us for our next Game Day. Watch for future dates, probably in May.

In closing out March notes, W.O.W. would like to become involved in a community project, and the Atlanta Food Bank has been suggested. As a unit, W.O.W. would offer 10 to 12 volunteers who would give 1 to 2 nights a month to the Food Bank - Are you interested? Can we count on you? Please call us at 984-9929 to be included as workers. Our thought is to start this project as of June if we get enough response. Hope to hear from you.

APRIL WORKSHOP

A two-hour workshop in Shiatsu and Massage will be given by Yolanda Asher and Marcia Mitchiner. The fee is $5.00. This will be a practical application session where you can gain know-how and be informed of the beneficial aspects of both Shiatsu and Massage Therapy. Date and place to be announced. If you want to sign up and attend this workshop, please call Bev at 984-9929 on or before April 8th.

COMMUNITY NEWS

FOCUS - sponsored by MACGLO is Friday, April 8th at the Unitarian Universalist Church at Cliff Valley Way. All member organizations will be present. Come and find out more about Atlanta's Gay and Lesbian Organizations.

ATLANTA FEMINIST WOMEN'S CHORUS Spring Concert, Saturday, April 9th, at 8 P.M., at the Peachtree Playhouse. Tickets are $5.00 and are available at Charis in advance and at the door. Signing for hearing-impaired will be provided. Now in their sixth season, this 70-member chorus will present a heartwarming and uplifting program of mostly feminist music.

ATTENTION: ASSISTANT DIRECTOR NEEDED!
The Atlanta Feminist Women's Chorus is looking for an assistant director. The position becomes effective at the start of the '88-'89 season (late August). Qualifications for the position shall be a degree in music or equivalent experience directing a chorus, choir orchestra, or ensemble. The chorus is an exciting and growing group eager to expand its possibilities. For additional information contact Shirley Chancey, General Manager, at 355-8894.

5TH ANNUAL SOUTHERN WOMEN'S MUSIC & COMEDY FESTIVAL, Memorial Day Weekend, May 26-30, N.E. Georgia. For ticket order form write: SWMCF, 15842 Chase St., Sepulveda, CA 91343 or call (818) 893-4075.

THE XIII ANNUAL SOUTHEASTERN CONFERENCE FOR LESBIANS AND GAY MEN will be held April 14-17, at the Pierremont Plaza Hotel in Atlanta. In its 13th consecutive year, the SEC continues to provide a forum for lesbians and gay men to share aspects of our lives, broaden information and skills, and encourage greater community involvement through extensive networking in this region of the country. Whereas this conference is a major educational, social, political and cultural event, we will offer a variety of workshops which cover issues of importance to our community. For further information call 237-3528 -- and if you are interested in doing a workshop write to C. Janice Sexton, c/o P.O. Box 95358, Atlanta, Georgia 30347.

GAY PRIDE WEEK - June 18th - June 26th - to become involved please attend the planning meetings 3rd Tuesday and 3rd Thursday of each month. Tuesday night meetings are held at North Highland Library, Thursday meetings at Unitarian Universality Church on Cliff Valley Way.

ANN BOWERS will be a table captain for The Human Rights Campaign Fund Dinner to be held May 21st, 1988 at the Marriott Marquis Hotel - Imperial Ballroom. Please call her at 897-1820 if you are interested. There's room for 10.

LESBIAN SUPPORT GROUP ... meets Friday evenings at 7:30 P.M. Location varies. Call Miriam 627-7387.

LYNNE MAGNER's Workshop on COMMUNICATION has been postponed and enrollment is still open. Call Bev Combs 984-9929 for more information.

S.A.M.E. ... Non-profit organization to promote understanding of human rights issues, especially issues around gays and lesbians. Membership information -- Rebecca Ranson, SAME, 183 Sisson Avenue, Atlanta, Georgia 30317.

L.I.F.E. - (Lesbians In Fun Endeavors) Call Shelly at 493-3966 for more information.

CHARIS BOOKS AND MORE ... Every Thursday evening at 7:30 P.M. there is a free program of interest to the community. Call 524-0304.

W.O.W. Business:

GOALS ... Women of Wisdom (W.O.W.) is a social and service organization. Socially we aim to facilitate women meeting together with older women in a comfortable, pleasant atmosphere. As a service organization, we offer timely programs of interest to the community, and we offer to "reach out" to older women and women with special needs in our community.

NEWSLETTER NEWS ... If you have anything you would like included in the Newsletter, send it to W.O.W., P. O. Box 14604, Atlanta, Georgia 30324, call Bev 984-9929.

NEWSLETTER RENEWALS -- MEMBERSHIP ... Cost of the Newsletter is $.75 per month ($9.00/year). Membership applications will be available at each meeting or write to W.O.W., P. O. Box 14604, Atlanta, Ga. 30324.

A SPECIAL THANK YOU goes to Rebecca at Kinko's for the continued generous assistance with printing out newsletter. She is at Kinko's at Ga. State.

COMING ATTRACTIONS

May's W.O.W. Program
Monday, May 16th, 1988
Topic: "Bringing a Feminist Vision to Everyday Life"
presented by Kay Hagen

Mark your calendar now and plan to attend. Your participation adds a great deal to our programs.

ADVERTISEMENTS

ALCOHOL and DRUG ABUSE AFFECT EVERYONE
Personal Comprehensive Programs Designed for Individual, Community Groups, Corporate, and Family Needs.
Initial Consultation FREE
For More Information Please Call
Linda C. Regnier, R.N., C.A.C.
Certified Addiction Counselor
621-0256

COUNSELING AND PSYCHOTHERAPY for women in a non-judgmental, supportive atmosphere. You can develop a deeper understanding of yourself and work toward positive change. Most insurance and Medicaid accepted. Call Dr. Brenda Hawkins, licensed psychologist. 634-9440.

ROOMMATE NEEDED to share large 2 Bedroom 2 Bath in Smyrna Area. Non-Smoker. Washer/Dryer, 1/2 mile from I-75 and 285. $250.00 plus 1/2 Utilities. Call 980-1485, leave message.

ROOMMATE to share Virginia Highland 1930's Townhouse. $347.50 plus 1/2 Utilities. No pets. Call Susan 876-5487.

TAX TIME IS HERE. Save yourself some stress and file early. Reasonable rates and fast service. Call Pat 984-9929 (extensive accounting experience).

PET SITTING BY ANN ... House sitting, pet tending, personalized care. Whatever you need, we can do ... indeed. Call Ann 897-1820.

HEALING ARTS including Massage at Heart Wish Harbor, $5 off with this ad. 584-5242 (Little Five Points Area)

BOOKKEEPING and BILLING SERVICE available. Will work to your specifications. Personal and Business. Call Pat 984-9929.

MASSAGE by Miriam 627-7387.

CALENDAR OF EVENTS

April 4	W.O.W. Meeting, N. Highland Library, "Assertiveness", 7:30 P.M. Sharp the program will begin!!!
April 8	FOCUS, Atlanta MACGLO sponsored event showcasing our community's organizations. 7-11 P.M.
April 9	Atlanta Feminist Women's Chorus Spring Concert, 8 P.M., Peachtree Playhouse. Tickets $5.00. Signing for hearing-impaired will be provided.
April 14 - April 17	Southeastern Conference for Lesbians and Gay Men. For booth information or to offer housing call Miriam 627-7387.
April 16	Azalea Dance
April 16	Southeast Conference will host the Atlanta Gay Men and the Atlanta Feminist Women's Chorus. This is the first time both these chorus will perform together.
April 20	Emory Panel Discussion on Gay Civil Rights. An outgrowth of traditional American values. Audience discussion will be encouraged. Bring your viewpoint to White Hall Room 110 at 7:30 P.M. For further information call Pete Duttweiler at 527-7030.
April 30	Nifty 50's Spring Dance at the Existentialist Church, sponsored by Congregation Bet Haverim.
May 16	W.O.W. May program - "Bringing a Feminist Vision to Everyday Life" presented by Kay Hagen.
May 21	Human Rights Campaign Fund Dinner. $150.00 per person. Master Card or Visa accepted. Black tie optional. Flyer enclosed.
May 26 - May 30	5th Annual Southern Women's Music & Comedy Festival. N.E. Georgia mountains.
May 27 - May 30	Names Project (Quilt) coming to Atlanta. World Congress Center.
June 18	Prom Night at the Trolley Bar in conjunction with Gay Pride Week.
June 19 - June 26	Gay Pride Week - Reinforce the March on Washington.

Carolyn -

Your subscription to the W.O.W. newsletter has expired. Thank you for your past support. Your renewal cost is $9.00 to continue receiving the newsletter. Please make your check payable to Pat Hoban and mail to 6640 Akers Mill Road, Apt. 41A4, Atlanta, GA 30339. Don't miss a single newsletter - mail your renewal check today! Thank you.

WOW

Women of Wisdom

WOMEN OF WISDOM
6640 AKERS MILL ROAD, APT. 41-A4
ATLANTA, GA 30339

April 1989
984-9929 Bev

APRIL MEETING, MONDAY, APRIL 17th
7:30 P.M., N. Highland Library

"Breaking Up is Hard to Do"
To be presented by Kris Miesel, B.S. R.N. C.H.

Is breaking up the answer? If it is, what do you do so that you can move on easily and avoid making the same mistakes? This presentation offers information that will help in making the decision about breaking up and how to move through the healing process of the ending of a relationship.

Kris Miesel is a nurse hypnotherapist with 17 years experience in the mental health field. She has been a volunteer group facilitator for the Georgia Council on Child Abuse since 1985. She has taught seminars and workshops on stress management, crisis control, communication, relationships, self-hypnosis, the effects of drugs and alcohol on the family and in the work setting, and pain management in various facilities in the Atlanta area.

FOOD BANK PROJECT
Atlanta Community Food Bank
1st Tuesday of Every Month

Be there April 4th, May 2nd, and June 6th! Give of your time to a worthy cause. If you need more information, call Pat at 984-9929.

The Massage Therapy workshop was a great success. All enjoyed learning Marsha's techniques. Thanks so much, Marsha.

COMING ATTRACTIONS

Monday, May 15th - Do You Have A Healthy Relationship with Your Body? How to Get One

To be Presented by: Dr. Stephanie Blackton, B.S., D.C.

GAME DAY in April, Sat. April 15th 1-5 P.M.
at Bev & Pat's, 6640 Akers Mill Road, Apt 41-A-4
Call for directions 984-9929

May workshop - "Beginner Car Repair" with Margie Seals, $60

June workshop - "Codependency - Recovery Basics" with Linda Regnier, $60

Sept workshop - "Budgeting" with Pat Hoban, $5

Oct workshop - "Sign Language" with Bev Combs, $10 (6 sessions)

* RECAP OF MARCH'S PROGRAM

Self Esteem
Presented by Dr. Brenda Hawkins

* Note: Due to technical difficulties (the recorder did not work) and notes not being taken (oh, our dependence on machinery!), this review will be only highlights of an informative and thorough program.

Brenda started off by having us do a fantasy trip. She reminded us to relax, to listen to our own breathing or whatever meditative technique is usual or comfortable for us. The main object of our fantasy trip was to see and recall ourselves as a small child. We do not know coping responses as yet. We are dependent upon our parents, siblings, etc. for both positive and negative responses to us. These responses that are heard, seen and experienced in childhood form the basis for our self esteem. They teach us how to react and copy eventually, but they start long before we understand coping. Both positive and negative messages remain, but Brenda also wanted us to try to remember how we felt. How was our self esteem from early, early on? During our school years, while working and in our everyday actions, coping is almost automatic, but it wasn't always in place and these early experiences often are carried inside of us many, many years after happening. Often we never think to address issues that affect our self esteem - to go back and acknowledge our parents for their faults and goodness and to recognize, forgive and embrace their impact on us. In order to raise our self esteem, Brenda gave us a handout noting use of the following tools:

1) Do at least one nice thing for yourself every week. It could be as

simple as a long hot tub bath when you get in from work.

2) Slay the "should monster" - Brenda gave us the examples:
I should be perfect
I should be skinny
I should be a man.
As a good test of our shoulds, Brenda recommended that we look at them as "I need to," "I want to," "I choose to." This can be a valuable tool as the "should monster" exists for each of us over and over again. Make a habit of "Slaying the Should Monster."
3) Affirmations at bedtime.
4) Self-assertion instead of passivity or aggression.
5) "Who Am I?" meditation. This involves asking yourself "Who am I?" and listening to your answers and responding. For example, if you say, "I am a nurse," respond with "This is what I do, but who am I?" Then if you say "I am my mother's daughter," respond with "This is who I am in relation to someone else, but who am I?" Keep going until you are satisfied you know who you are.
6) "I love you" mirror exercise. Remember to love good and bad, to accept yourself exactly as you are now. This is vital to your self esteem, for only by accepting the negatives can growth and change be possible.
7) For those on a spiritual path, recognize your eternal connectedness to the universe.

Brenda ended with a question and answer session for the group, telling stories on herself and sharing her knowledge and concerns with us. She emphasized the need to continually work on our self esteem. The program was informative and thought-provoking. Our thanks to Brenda for providing us with a new outlook on ourselves. She helped us address where and how early in life our self esteem started and most importantly how to raise and work on our own self esteem. Thank you, thank you, Dr. Brenda Hawkins.

UPDATE TO WOW'S YEARLY CALENDAR

Linda Travis, who will be speaking on common concerns for the Lesbian incest survivor and her partner, will be speaking on Thursday, September 14th at 7:30 P.M. Linda had not yet given us her September date when the yearly calendar was printed.

COMMUNITY NEWS

PSYCHOTHERAPY GROUP: A time-limited psychotherapy group for adult lesbians (ages 25 and up) will begin April 18, 1989. The group will meet every other Tuesday evening from 5:15 P.M. to 7:15 P.M. This group is open to individuals who have had prior psychotherapy and who are interested in a psychodynamic/systemic approach to those identity issues which impede growth. Leader: Sherry McHenry, Ph.D. Cost: $30.00 per session. For further information call 876-3025.

Cabaret and Spaghetti Supper to benefit Atlanta Gay Men's Chorus, Saturday, April 1 and Saturday, April 15. Dinner at 6:30 P.M.; Show at 8:00 P.M. First Metropolitan Community Church, 800 North Highland Avenue. Call 266-9203 for reservations or more information.

The Atlanta Feminist Women's Chorus is having their Spring concert on Saturday, April 22 at the OIC Auditorium, 818 Washington Street SW, behind Atlanta Stadium. They are giving two concerts this year in order to accommodate everyone. Show times 7:00 and 9:00 P.M. Tickets available at Charis and at Atlantis Connection New Age Bookstore.

ATTENTION: ATTENTION: ATTENTION:

Please take note and support monetarily and with your time and energy the entirely volunteer group: PROJECT OPEN HAND / ATLANTA which provides freshly cooked nutritional meals delivered to persons affected by AIDS. Located at St. Bartholomew's Episcopal Church who generously provides both kitchen and office space. Drivers are needed to deliver meals and any contribution of kitchen equipment or money is greatly appreciated. Get to know us better, Volunteer: Call 248-1788.

L.E.G.A.L. is spearheading a new effort of voter registration. It has already started and will continue through the Mayor's Race. If you are interested in participating, contact Linda Meredith 289-6258.

COMMUNITY WIDE LESBIAN POTLUCK for April will be Sat. April , at 7 P.M. at the Horizon Theater on Austin Avenue in Little 5 Points (inside the Theater/School's old cafeteria). This will be a monthly event. Bring food to share and your own drinks. If you have questions, call 522-5623. For exact date, call Pat or Bev at 984-9929.

WOMEN'S RECOVERY SUPPORT GROUP forming. On-going, meets Tuesdays for $15. Women's issues in chemical dependency & co-dependency/adult child recovery. Facilitator: Linda C. Regnier, R.N., C.A.C. (certified addiction counselor) 621-0256.

SUPPORT GROUP forming for Lesbians who have been in long term heterosexual marriages. For more info call: Claudia, 938-5442 or Carolyn, 934-7353.

WOMEN'S THERAPY GROUP is forming to focus on issues arising from physical, emotional, or sexual abuse experienced during childhood. FOR INFORMATION CONTACT SHIRLEY CHANCEY AT 355-8894.

CHARIS BOOKS AND MORE ... Every Thursday evening at 7:30 P.M. there is a free program of interest to the community. Call 524-0304.

THE SOUTHERN VOICE, the newspaper for lesbians and gay men, began distribution on March 1st. Look for it in local bookstores and on news stands and in the bars, or you may subscribe to it for $20 per year. Southern Voice, P.O. Box 54719, Atlanta, GA 30308. (no longer under the auspices of S.A.M.E. Your support is crucial to Southern Voice's success. Please subscribe.)

LESBIAN SUPPORT GROUP ... meets Friday evenings at 7:30 P.M. Location varies. Call Miriam 627-7387.

L.I.F.E. - (Lesbians In Fun Endeavors) Call Shelly at 493-3966 for more information.

ADULT CHILDREN OF ALCOHOLICS (and other co-dependents) ... Women's Support Group meets Tuesday evenings 6-7 P.M. at the Midtown YWCA, behind the Spanish Church on N. Highland Ave.

NEW FEATURE, NEW FEATURE, NEW FEATURE

GETTING TO KNOW YOU

Cathy Woolard
Lesbian Activist

BORN & RAISED:	Born in Sylvester, Ga. (South Georgia) Dad was in Air Force and they lived in Germany Guam, and Cathy went to high school in Washington, D.C. Maternal side of family for many generations resided in Atlanta.
FAMILY:	Cathy is lucky enough to have a sister, brother, and her parents here in Atlanta. Plus cousins, grandmother, aunts & uncles, all of whom are as close as a telephone call for a visit or a chat.
CAME TO ATLANTA:	In 1982 after leaving the Peace Corps.
PRESENT OCCUPATION:	Director of the Trolly Barn and owner of Sister Sister Productions, which is named after my aunt called "Sister" and my sister calling me "Sister Sister".
SOME FAVORITE THINGS: & FAVORITE SPOTS:	Pizza, The Wonder Years or Designing Women, Whoopi Goldburg, Lea de Leria, Kate Clinton. New Zealand is my favorite favorite place and, oh yes, I love the city of Atlanta. I'm impressed by the outer banks in North Carolina and number one for me is the Michigan Women's Music Festival - it's the best!
PERSON OR EVENT THAT AFFECTED YOU:	Being in the Peace Corps, of course, but more personally the March on Washington. Working on it forced me to 'Come Out' to everyone in my family and now my resume is what I call a 'Gay Resume'. The March changed my life.
WHAT DOES SUCCESS MEAN TO YOU?	things I feel personally very successful because I'm doing I enjoy and that challenge my abilities. It is not money, it's being happy and doing things well.
MISCONCEPTION THAT PEOPLE HAVE ABOUT YOU:	That people are afraid to disagree with me because I'm very opinionated.
YOUR IDEA OF A ROMANTIC EVENING:	Unplug the phone, have no interruptions and dinner on the patio. Quiet and romantic.

SECRET AMBITION: To run for and win political office.

LOOKING FORWARD IN 1989: I look for me and the community to build coalitions with non-gay groups within the state. To increase political power for gays through the ACLU and the Police Advisory Comm.

IN CONCLUSION: I love the Atlanta Community and want to see us achieve all we can. This takes lots of work. The Atlanta Community and we as women and lesbians must progress to paying people, i.e. a gay center or AIDS center with a paid director who gets health insurance, paid vacations etc. We can't expect our activists to give and give without compensation. To me that is sort of the next stage for our community and nationally. All this work can not be expected at the personal cost of our activists. We need to pay own people to become experts and that takes time & money.

Thanks to Cathy for letting us get to know you.

ADVERTISEMENTS

RIVERFRONT CAMPING FOR WOMEN ONLY. About an hour north of Atlanta, near Georgia's lovely mountains. Call or write for brochure, map, answers to questions. SWIFTWATERS (404) 864-3229...or Box 379-9, Route 1, Dahlonega, GA 30533.

ST. AUGUSTINE BEACH RENTAL, Professionally decorated, fully furnished 2 bedroom 1-1/2 bath Condo. Property goes to oceanfront. 19" Color/Cable TV, 2 pools, inground Jacuzzi, Tennis Community Center, loads of extras, only $375 week, $100 refundable Security Deposit. Call Gay Marsh at 299-5593 April to December.

ALFA Apartment Available - large 2 bedroom apartment w/living room, kitchen, 1 bath & small study in Kirkwood neighborhood. Close to bus line, MARTA station. $325 per month plus utilities. Share house with nation's oldest continuously existing lesbain feminist organization. 378-9769 or 627-5619 (TTY or voice).

PATRICIA J. GARLAND
Attorney At Law

Real Estate, Wills, Personal Injury, DUI, Traffic Offenses, Collections, Domestic Relations, Incorporations. Early evening & weekend appointments available. Located on MARTA line downtown. 577-7167. First consultation free.

If someone you love has a problem with alcohol/drugs, please call 621-0256. Linda C. Regnier, R.N., C.A.C., Certified Addiction Counselor with ten years experience in chemical dependency & codependency counseling.

COUNSELING AND PSYCHOTHERAPY for women in a non-judgmental, supportive atmosphere. You can develop a deeper understanding of yourself and work toward positive change. Most insurance and Medicaid accepted. Call Dr. Brenda Hawkins, licensed psychologist. 872-9016.

Professional Grooming and Quality Supplies. Your pets are always special at SPECIAL PETS, 5398 E. Mountain St. in Stone Mountain Village. 469-2710

PET SITTING BY ANN ... House sitting, pet tending, personalized care. Whatever you need, we can do ... indeed. Call Ann 897-1820.

MASSAGE by Miriam 627-7387.

CALENDAR

APR 1: AZALEA DANCE, Rocket Studio, 206 Rogers Street, N.E., 8 P.M. to 1 A.M., $8 donation. Wheelchair accessible.

APR 1: Cabaret and Spaghetti Supper to benefit Atlanta Gay Men's Chorus. See Community News.

APR 4: Food Bank Project.

APR 12-30: SAME presents Michael Kearns and Kelly Hill in JERKER AND DREAM MAN at Seven Stages. Info: 584-2104.

APR 15: GAME DAY, Saturday, April 15, 1-5 P.M. at Pat and Bev's. 984-9929.

APR 17: WOW Program, "Breaking Up is Hard to Do" by Kris Miesel. North Highland Library, 7:30 P.M.

APR 15: Cabaret and Spaghetti Supper to benefit Atlanta Gay Men's Chorus. See Community News.

APR 22: Atlanta Feminist Women's Chorus concert. At OIC with shows 7:00 and 9:00 P.M.

APR 25: Fourth Tuesday Dinner and Program. Call 662-4353 for reservation.

W.O.W. Business:

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WOW

Women of Wisdom

North Highland Branch Library 7:30 p.m.

INTRODUCES the PROGRAMS and WORKSHOPS for 1989.

Note: Not all Programs are scheduled for the 3rd Monday of the month.

JANUARY

JANUARY 17th (Tuesday)
Program Topic: THE PREDICTABLE STRUGGLES OF THE LESBIAN RELATIONSHIP
Presentation by: Dr. Sherry McHenry, Ph.D.

This program will offer a psychological overview of the predictable developmental stages of an intimate relationship. The inevitable issues and struggles unique to lesbians will be explored as well as the inevitable solutions.

Sherry McHenry Ph.D. is a psychologist who is the former Associate Director of the Link Counseling Center and currently a managing partner of the Pershing Point Center for Counseling and Psychotherapy. She is also the co-author of the text Handbook of Marital Interventions.

FEBRUARY

FEBRUARY 13th (Monday)
Program Topic: THE CARE AND FEEDING OF THE HEART
Presentation by: Sharon Sanders

Sharon Sanders has been a psychotherapist in Atlanta for the past 11 years. She specializes in working with women who want to change self-defeating and energy-sapping patterns.

MARCH

MARCH 20th (Monday)
Program Topic: SELF-ESTEEM
Presentation by: Dr. Brenda Hawkins

Dr. Brenda Hawkins is a licensed psychologist in private practice. Having 14 years experience with indivuals, couples, and groups, she works with a wide variety of issues including women's concerns, codependency, anxiety, adults abused as children, hypnosis, stress management and relaxation training, and transpersonal concerns. She has published in professional journals and has presented at national professional conferences and conventions.

APRIL

APRIL 17th (Monday)
Program Topic: BREAKING UP IS HARD TO DO
Presentation by: Kris Miesel, B.S. R.N. C.H.

Is breaking up the answer? If it is, what do you do so that you can move on easily and avoid making the same mistakes? This presentation offers information that will help in making the decision about breaking up and how to move through the healing process of the ending of a relationship.

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MAY

MAY 15th (Monday)
Program Topic: DO YOU HAVE A HEALTHY RELATIONSHIP WITH YOUR BODY?
HOW TO GET ONE.
Presentation by: Dr. Stephanie Blackton, B.S., D.C.

Dr. Stephanie Blackton is a Doctor of Chiropractic specializing in spinal disorders, personal injury and health management. Her concept of health includes a state of complete well being, not limited to the abscence of pain and symptoms. Her approach to health care recognizes that the body is an incredible "machine" with amazing healing abilities. She believes that health is achieved and maintained when there is balance in the physical, chemical, and emotional components of one's life. The word "doctor" literally means "teacher" and it is her belief that ignorance is the number one cause of disease. It is her goal to work "in partnership" with people to teach them how to care for their bodies such that they experience an improved quality of life for the rest of their lives. Topics of special interest to women will be addressed.

JUNE

JUNE 12th (Monday)
Program Topic: IMAGINATION AND DREAMING
Presentation by: Dr. Lynne Magner

This will be a discussion of how to use your ability to imagine and dream for personal growth, for reducing worry, and creating what you want in your life. Everyone has this ability. No previous experience is necessary.

Lynne Magner is a clinical psychologist in private practice at the Center for Life where she combines a practice of psychotherapy with leading seminars and workshops on a variety of self-development topics.

JULY & AUGUST -- SOCIAL ACTIVITIES
BBQ, Picnics, Rafting, Bowling, Laser Show ? ? ?
Volunteer and Call with other suggestions -- Bev 984-9929

SEPTEMBER

SEPTEMBER's exact date to be announced
Program Topic: COMMON CONCERNS FOR THE LESBIAN INCEST SURVIVOR AND HER PARTNER
Presentation by: Linda A. Travis, M.A.

This program will focus on the issue of incest and how it effects the couple. Frequent problem areas will be discussed as well as some ways to cope with these problems. Both partners and survivors are strongly encouraged to come.

Linda A Travis is a therapist in private practice at the Atlanta Women's Counseling Center. She has worked for over 8 years doing therapy with women on a variety of issues, and specializes in the areas of child and adult sexual assault and domestic violence. Linda does work with lesbian couples and families, and has had specific training and experience in the area of couples counseling where one or both women are incest survivors.

OCTOBER

OCTOBER 16th (Monday)
Program Topic: PROSPERITY
Presentation by: Kris Miesel, B.S. R.N. C.H.

There are many myths about money that interfere with individual prosperity. This presentation will explore the true meaning of prosperity and offer some down to earth tips that can be used to increase individual wealth and prosperity.

Read about Kris Miesel under April. Kris is presenting two programs for us this year.

NOVEMBER

NOVEMBER 15th (Wednesday)
Program Topic: BEING ALONE VS BEING IN A RELATIONSHIP:
ADVANTAGES AND DISADVANTAGES
Presentation by: Margaret Nichols, Ph.D.

Whether or not you are involved in a primary relationship, there are lessons that you can learn about your patterns of relating to yourself and others. Some issues can best be explored when you are not in a primary relationship. Others are most effectively dealt with when you are involved with someone else. -- What opportunities are provided by these different situations?

Dr. Nichols is a clinical psychologist in private practice at the Piedmont Psychological Center.

DECEMBER

DECEMBER 4th (Monday)
Program Topic: NEW AGE --- WHAT'S IT ALL ABOUT?
Presentation by: Miriam Carroll

Discussion to cover topics of: spirituality, healing in new ways, minerals and stones, astrology, and similar topics. Question period to follow.

After arriving in Atlanta 5 years ago, Miriam set up shop as a massage therapist and holistic healer. "My New Age interests are expressed in my intuitive work, using information from any inspiration which enlightens me. I've found an interest in going hunting for rocks and minerals which I use in my work," says Miriam.

WOW

-WORKSHOPS-

WORKSHOPS WERE PLANNED TO MEET AND ENCOURAGE A VARIETY OF INTERESTS.
To Sign-Up or for additional information call Bev at 984-9929.

MARCH

Yes

MASSAGE THERAPY

Marsha Mitchiner, Massage Therapist, is offering:
Stress Management/Relaxation Techniques, Self Massage,
Couples Massage (Intimate), Friends Massage
1, 2, or 3 Hours. Evening or Saturday morning.
You Choose. Which of these Marsha will do depends upon your response.
Cost $5.00 per hour per person.

APRIL

Yes

QUIT SMOKING FOR GOOD

Kris Miesel will introduce this important life changing lesson. This workshop will have continuous support group meetings throughout the year. Decide now to participate. 10 or more participants needed in order to schedule this workshop. Kris will also be training facilitators. Date and cost of workshop to be announced.

MAY

BEGINNER CAR REPAIR

Margie Seals will be the instructor for this 7 hour course, Saturday 11-6. Everyone works on her own car. Learn to change the oil and filter, lube vehicle, check hoses, belts, lines, tires, tire wear and pressure. Discuss and identify the cranking system, charging system, and suspension system. Only 4 or 5 women to a class. Cost $60.
Reservations will be taken for intermediate and advanced courses.

JUNE

CODEPENDENCY -- RECOVERY BASICS

By Linda Regner

Saturday, June 3rd, 9am-4pm. 7 Hour Workshop with 2 breaks plus 1 1/2 hours for lunch. Limit 10 participants. Cost $60.

SEPTEMBER

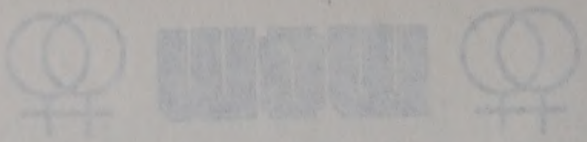
Yes

ANYTHING YOU WANT TO KNOW ABOUT BUDGETING

Simple Budgets to Retirement. Keeping track, while learning to enjoy building for your future. To be presented by Pat Hoban. Cost $5.

OCTOBER

Yes

SIGN LANGUAGE WORKSHOP/CLASS

Have you ever wished that you were able to communicate with a deaf friend or co-worker? Or have you observed Interpreters signing to hearing-impaired persons and wished you knew how to sign and communicate in this beautiful "language on the hands"?
Come join us for a 6 Session Basic Sign Language Workshop in October--and Bring Your Friends. Instructor Bev Combs. Fee $10 to cover cost of materials. Call Bev to sign-up 984-9929. Those attending will set dates and times.